

Sleep Deprived Electroencephalogram (EEG)

What is it?

An EEG is a recording of the electrical activity of the brain. It is done to find unusual electrical discharges. A Sleep Deprived EEG is done to see if the stress of being awake for a long period of time will cause abnormal electrical discharges.

What preparation is needed?

Shampoo your hair the night before the test. You must stay awake all night, the night before the EEG. Do not drink coffee or soft drinks containing caffeine.

How is the test done?

The test is done in a quiet room. You will either sit in a chair or lie on a bed. Twenty-eight electrodes, like those attached to your chest for an electrocardiogram (ECG), will be attached to your scalp with a cap. Six electrodes will be taped to your face and one to your arm. A syringe, with a blunt tip, is used to squirt a saltwater solution into each electrode. The electrodes are connected to an EEG machine. There is no danger of shock. The whole test takes about one and a half hours.

What must I do after testing?

You may return to your normal activities. The salt solution used under the electrodes can be removed by washing your hair.

Further information

For more information, you may want to read the following article available in the Patient Education Center/Library, first floor:

***The Yale University School of Medicine Patient's Guide to Medical Tests*, 1997
Electroencephalography (EEG), pages 479-481
(Desk)**

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